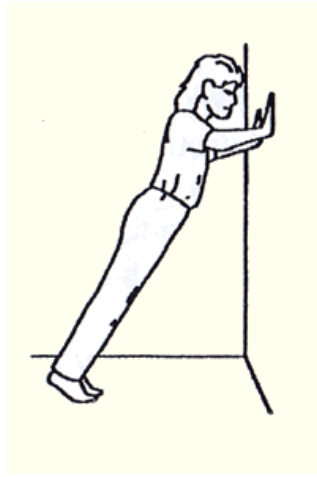


**Press In**  
**June 21, 2017**



**Ephesians 2:14-15 - For He Himself is our peace and our bond of unity. He who made both groups—[Jews and Gentiles]—into one body and broke down the barrier, the dividing wall [of spiritual antagonism between us], 15 by abolishing in His [own crucified] flesh the hostility caused by the Law with its commandments contained in ordinances [which He satisfied]; so that in Himself He might make the two into one new man, thereby establishing peace. [AMP]**

A few weeks ago I went to a Christ-centered women's retreat. One of the messages given was about what it truly means to "press in". When I first came into the Kingdom eleven years ago, there were many terms I always heard but had no understanding of. One of them was "press in". Many teachers and mentors would continually say "press in". I instinctively knew this meant to press into the Lord but I had no understanding of what that actually meant until this retreat.

The sister-in-Christ who delivered the message gave a visual demonstration. She lightly pressed her hand against the wall and said that many of us believe this is what pressing in means. Then she bore all her weight against the wall to show that we need to begin to truly press in. After this, Holy Spirit began to minister to me about what it means to press in. He gave me a saying so I could understand. He told me, "You need to press in to press through in order to break through". There have been talks, speeches, and full conferences centered around break throughs. Without an understanding of how we come to that place

it is just talk; "press in to press through in order to break through". Get this picture in your mind. If enough force is applied to a wall, the wall begins to crack. Once the wall begins to crack because it is weakening, then the force applied can press through the structure of the wall. Once the force is able to press through the structure, the breaking of the wall can occur (break through).

We have many barriers within us and surrounding us that try to keep us separated from the Lord. He is the force that breaks down those barriers. As we press into Him, we press through whatever our circumstance may be and then we are able to break through and come out on the other side of that circumstance with that barrier completely eliminated.

Dear Loves, whatever circumstance you may be facing, the Lord already knows and has already provided a way out; which is through Him. Continue to "press in to press through in order to break through". Selah.

Alicia R. Shipe